

Eight principles cont'd

- Know: what is true/what is false (true cold/false heat for example)
- Know yin deficiency symptoms
- Know exterior/interior dx.

Note: liver qi stagnation can be susceptible to true heat/false cold.
 False heat can manifest with false shen.

Today's focus:

Deficiency and excess syndromes
 Yin and Yang syndromes

Deficiency and Excess

Deficiency and excess are the 2 principles which are used to generalize and distinguish the relative strength of the **antipathogenic qi** and **pathogenic factor**. The terms deficiency and excess refer to the relative strength and the antipathogenic qi and pathogenic factor.

Why do you need to know this?

- ◆ Need to know for clinic for prognosis determination.
- ◆ Need to know for determination of proper treatment.
 If you have excess, reduce. If you have deficiency, tonify.

Deficiency Syndromes

Refers to Deficiency of the Zheng Qi or Upright/Correct Qi. The Neijing says: "When Correct Qi (Zheng Qi - resistance—all of your qi, your ability to resist) exists, Evil cannot attack you." In another place, the same work says, "Reason Evil attacks is patient's Qi must be deficiency."

General Symptoms of Deficiency Syndromes

(OK, look, it gets really tiring typing out d-e-f-i-c-i-e-n-c-y, so I'm going to use the Chinese work "Xu" which means the same thing and is *lots* faster to type. Thanks for understanding.)

Symptoms of Deficiency	What specific things in TCM that tends to indicate
Emaciation	
Listlessness (lacking zest/vivacity/enthusiasm)	
Lassitude (weakness/exhaustion/weariness)	
Feeble breathing	Lung Qi Xu
Dislike of speaking	Lung Qi Xu
Pallor	Qi, Blood, or Yang Xu
Palpitations	Heart Qi Xu, Zong Qi Xu
Shortness of breath	Lung Qi, Zong Qi xu's

Insomnia	Heart Qi and/or Heart Blood xu
Poor memory	Heart Blood xu
Spontaneous and night sweats	Qi and/or Yang xu, Yin xu
Nocturnal emissions	Yin, Qi, Yang xu's
Nocturnal enuresis (enuresis is involuntary passing of urine)	Kidney Qi xu (this is the most common reason for bedwetting with kids)
Pain which is alleviated by pressure	
Dry tongue, no coating or little coating	
Deficiency type pulses	(See your pulse diagnosis from Diagnosis I)
Tremors	Liver xu Note: tremors can also be caused by excesses such as external wind invasions or internal excesses such as rising Liver Yang or rising Liver Fire.

Yin, Yang, Qi, and Blood are all commonly affected by deficiency.

Know groups of syndromes—very basic. The last chart was generalized. Now we're getting more specific.

Syndromes of Yin Deficiency

You will also see this expressed as “empty” or deficient heat

Symptom	What this might indicate/notes
Emaciation	Yin xu. This is a hallmark symptoms of Yin Xu.
Dry eyes	Liver yin xu is the most common reason. Liver Blood xu will cause blurry vision most of the time, but can also express as dry eyes.
Afternoon fever	Yin deficiency
Malar flush	Yin xu and/or Blood and Yin loss causing deficient heat.
Heat sensations in the palms and soles of feet.	Yin xu. Palms and soles are relatively yin areas of the hands and feet. A lack of Yin creates a relative increase in Yang here.
Night sweats	Yin xu.
Dryness of throat and mouth	Yin xu or body fluid xu.
Yellow urine	
Dry stool	Yin xu
Red tongue with little to no coating	Another hallmark sign. Look at your Diagnostic I notes about tongue stuff.
Thready and rapid pulse	Another hallmark sign of Yin xu.

Syndromes of Yang Deficiency

Qi deficiency usually precedes a Yang deficiency, as a Yang deficiency (xu) is a Qi deficiency plus cold. This is also called “empty cold.”

Symptom	What this might indicate/notes
Chills	
Cold limbs	

Listlessness	
Lassitude	
Spontaneous sweating	Sweat is Yin (body fluids)+ Yang (wei qi). Spontaneous sweat is an inability of the Yang/wei qi to control the sweating pores, so the Yin body fluids come pouring out.
Absence of thirst	Body fluid is enough and/or there is not too much heat to burn it off
Clear urine, increased in volume	
Loose stools (also called 5 o'clock diarrhea since it happens early in the morning)	
Tongue: pale with white coat	
Pulse: deep, weak, slow pulse	Indicates interior (deep) and deficient (weak) cold (slow).

Qi Deficiency Syndrome Symptoms

Symptom	What this might indicate/notes
Fatigue	
Shortness of breath	Possibly Lung Qi xu
Lassitude	
Weak voice	Possibly Lung Qi xu
Spontaneous Sweating	Wei Qi xu
Tongue: swollen, teethmarks, white coating	Spleen Qi xu
Pulse: weak, soft	

Blood Deficiency Syndrome Symptoms

Symptom	What this might indicate/notes
Blurred vision	Liver blood deficiency
Dizziness	Inner wind caused by the blood xu
Pallor	
Poor memory	Heart Blood xu affects short term memory Kidney xu affects long term memory
Poor concentration	Heart Blood xu
Pale eyelids, mouth, lips, gums, nails	
Fatigue	
Irregular menstruation	Will probably also have less/scanty blood
Tongue: pale with white coating	
Pulse: weak and soft	

(NOT on test)

Treatment for deficiencies

Acupuncture – needling for tonification. Use source points, mu points, back-shu points, Ren 4, Ren 6, Du 4 (kid qi and/or yang deficiency)

Excess Syndromes

Generally this is an Evil or a disease. (B/c if Zheng Qi was excess you'd be well, dude!) Excess refers to hyperactivity of the pathogenic factor. Syndromes of excess refer to pathological conditions in which the **pathogenic factor** is hyperactive, while the **antipathogenic qi** remains strong.

- ◆ Pathological conditions
- ◆ Pathogenic factor is hyperactive
- ◆ Antipathogenic qi remains strong

Reasons for Excess: 1) external evil attacking, 2) dysfunction of internal organs

Symptoms of Excess

Symptom	What this might indicate/notes
Agitation	
Sonorous or loud voice	
Coarse breathing	
Distention and fullness of chest or abdomen	
Pain which is aggravated by pressure	
Constipation or tenesmus	Constipation is straining to have a bowel movement, often painful and urgent. Tenesmus means the patient feels like the bowel movement is not done and it may burn. This indicates damp heat. This often happens with IBS
Dysuria	
Tongue: thick and sticky coating	
Pulse: excess type	See your Diagnostic I notes on pulses.

Treatment:

(NOT on test)

Acupuncture: expel excess pathogens. Needle obliquely with the direction of the channel.

Bleeding method: three edged needle and plum blossom needle

Cupping

Herbs: leaves, twigs, trunks, roots, seeds

Leaves + twigs = excess heat

Very light herbs which will make the excess float out and away.

Trunks = dampness, phlegm

Roots + seeds = constipation

Seeds are often oily, makes pooping easier.

Deficiency + Excess

When deficiency of antipathogenic qi and excess of pathogens manifest at the same time.

Excess → Deficiency

- ◆ Heat syndrome: high fever, thirst, sweating and superficial/rapid pulse
Excess internal heat first.

- ◆ Then showing emaciation, feebleness, little tongue coat or no coat with thready/weak pulse. Causes yin deficiency after it progresses.

Deficiency → Excess

- ◆ Spleen deficiency: fatigue, fullness after eating, shortness of breathing, loose stool, white tongue coating, weak pulse
- ◆ Then showing cough with clear phlegm, edema in legs/forehead, thick and greasy tongue coating, slippery pulse.
These are all pathological excess evils.

See the charts on handout: starts page 9.

Exterior cold = wind cold

Exterior heat = wind heat

Exterior excess: no sweating

Exterior deficient: sweating

Generally speaking, “deficiency” refers to deficiency of the body.

“Excess” refers to the pathogen, not the body.

Yin and Yang

Two basic things to know:

1. Yin and yang form a pair of principles used to generalize categories of syndromes.
2. Used to summarize the other 3 pairs of the 8 principles

Yang = exterior, heat and excess

Yin = interior, cold, and deficiency

<<See handout, page 12 for all symptoms>>

NOTE: on this weirdass chart, things are not as they seem. For example, Yin → Xu doesn't refer to yin deficiency. This refers to Xu or deficiency being more yin than yang. Oy.

Yin Syndromes refers to pathologic conditions resulting from deficiency of yang qi in the body and retention of pathologic cold

Symptoms:

- ◆ Inhibition
- ◆ Hypoactivity

Yang Syndromes refer to pathological conditions resulting from

Yin Collapse and Yang Collapse

<<See handout, page 11>>

Yin collapse is a severe form of yin deficiency. Hot, sticky, salty sweat. Fever in the body with warm limbs, shortness of breath, irritable and restless, wants cold drinks and is thirsty. Red, dry tongue. Rapid, weak pulse.

Yang collapse is a severe form of yang deficiency. Profuse, cold sweat that isn't salty—no taste. Cold limbs and body with weak breathing, a listless spirit. No thirst or wants hot drink. Tongue is pale and moist, pulse is very weak.